



Notable Quotable

“The thankful receiver bears a plentiful harvest.”

~ William Blake, poet



November Horoscopes and Birthdays

In astrology, those born between November 1–21 are Scorpios. Scorpios are passionate, deep, and intense—qualities that help them counsel others in deep and meaningful ways. Those born between November 22–30 are the Archers of Sagittarius. Sagittarians are travelers, open-minded, and constantly in search for meaning. Extroverted and optimistic, Archers seek change and take concrete steps to achieve their goals.

- Burt Lancaster – November 2, 1913
- Art Carney – November 4, 1918
- Art Garfunkel – November 5, 1941
- Alfre Woodard – November 8, 1952
- Fuzzy Zoeller – November 11, 1951
- Neil Young – November 12, 1945
- Prince Charles – November 14, 1948
- Danny DeVito – November 17, 1944
- Calvin Klein – November 19, 1942
- Ken Griffey Jr. – November 21, 1969
- Boris Karloff – November 23, 1887
- Tina Turner – November 26, 1939
- Mark Twain – November 30, 1835

Resident & Staff Birthdays

- 11/1 Patrice Aguda-Brown (s)
- 11/6 Susan Perrigo (s)
- 11/6 Brian Hudon (s)
- 11/6 Erin Morin (s)
- 11/7 Ruth Caron (r)
- 11/8 Doris Gagnon (r)
- 11/8 Theresa Haag (r)
- 11/8 Hazel Fellendorf (r)
- 11/10 Rachel Kelly (r)
- 11/15 Dan Orr (s)
- 11/16 Thomas Bergeron (s)
- 11/20 Helene Bauer (r)
- 11/21 Joanne Lorette (r)

- 11/23 Marjorie Patrick (r)
- 11/25 Maureen Gardner (s)
- 11/26 Elinor West (r)
- 11/28 Renie Tucker (r)
- 11/28 Lois Kendall (r)
- 11/28 Max Cohen (r)
- 11/30 Ray McGrath (r)



But Is It French?

The concoction of bread dipped in a batter of milk and eggs is commonly called French toast, but was this dish really innovated in France? November 28, French Toast Day, may be the perfect time to find out.

Battering and frying bread was common during medieval times as a method of using up stale loaves. The first written mention of this dish, called *pain perdu*, or “lost bread,” comes from the court of Henry V in England. Both Spain and Germany had similar recipes. The term *French toast* first appeared in the dictionary in

1660, but it did not use eggs then. Instead, bread was dipped in wine, sugar, and orange juice. Another story suggests that it was called *German toast* before World War I. After the war, for patriotic reasons, the dish changed its name to *French toast*, although the truth of this tale is unlikely. Also unlikely is the tale of innkeeper Joseph French, who served up the first piece of his French toast to boarders in 1724. Regardless of its origins, diners can find delicious French toast in France, even if it goes by the name *pain perdu*.

Bentley Banner

November 2017

Bentley Commons
197 Water Street
Keene NH
(603) 352-1282



**November
Ron Farina
11/3**

**Diane Ammons
11/5**

**Ron Farina
11/3**

**Bob Rutheford
11/9**

**Glazy for You
11/10**

**Veterans Day
11/11**

**Deborah
Wyndham
11/12**

**Chris Ekblom
11/13**

**Lunch Bunch
Lee & Mt Fuji
11/17**

**Jim Barnes
11/19**

**Craft Fair
Outing
11/25**

**Rich Araldi
11/26**



Hilary Seifer – Executive Director

It is hard to believe that 2017 is coming to a close. November brings a month of honoring our Veterans and giving thanks with our loved ones. It is a month where we wonder if we will see the first snow flakes, or when the ice will freeze on the rivers and ponds.

It is a month where we take time to reflect and give thanks for the simple things.

“Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.” Marcel Proust
Just a reminder for those who have a vehicle here please make sure that we have a spare set of keys, so we can keep your vehicles clean of snow.

November’s full moon will be on the 4th of the month. I have placed the comments and suggestions box at the front desk if you have any feed back on how to improve our community please let us know. We would love to hear from you.

Songs About Places By Larry Barnes



I've done songs about boys and songs about girls. What's left? Obviously, songs about places. Let's start out west with some of the best of them: Start with "California, here I come, right back where I started from." Move on to a couple about that great city on the Bay. Tony Bennett gave us "I Left my Heart in San Francisco" with several of the greatest lyrics of any song. "Where little cable cars climb halfway to the stars." Staying in 'Frisco, for the moment, don't you love "San Francisco, open your Golden Gate, you let no stranger wait outside your door."

Moving to the East, we meet just about the worst collection of lyrics of any song, anytime, anywhere. "Chicago, Chicago that Toddlin Town." Now, I ask you. What on earth is Toddlin? Have you ever Toddled? And "On State Street, that great street." Puulease! "They do things that they don't do on Broadway." C'mon, Broadway is in New York. Stay on topic. You're writing about Chicago. Conceal your jealousy. I won't even mention, "I saw a man and he danced with his wife."

Let's head further East with a side trip to moose country and "The Maine Stein Song" made famous by Rudy Valley. "Oh, fill the steins to dear old Maine. Shout till the rafters ring."

There are no really good songs about New Jersey that I have been able to find. Pennsylvania gave us The Pennsylvania Polka. "It started in

Mermaids and Manatees



Roly-poly manatees are closely related to elephants.

Manatees go by many names, including sea cows and Teddy bears of the sea. Explorer Christopher Columbus reported seeing women, or mermaids, swimming in the ocean. It was later scientifically understood that these were actually manatees. This gentle undersea beast finally gets its due during Manatee Awareness Month in November.

There are three species of manatee: the West Indian manatee common in Florida, the West African manatee that lives from

Scranton, it's now number one. It's sure to entertain ya." You have to admire a lyricist who rimes "mania" with Pennsylvania. "Everybody has a mania to do the polka from Pennsylvania."

Finally we get to The Big Apple, where it's all about, and the song beloved by Frank Sinatra and our own Florence Robinson: New York, New York. Actually, there are two songs with that same title. The other is the one that says "It's a wonderful town, The Bronx is up and the Battery is down and people ride in a hole in the ground."

The South is rich with music without even mentioning "Moon over Miami." A relatively insignificant river gave us "Way down upon the Suwanee River" and "Suwanee, how I love you, my dear old Suwanee." (Didn't Al Jolson do this one?) By insignificant I mean, well, it ain't the Mississippi or the Missouri or even the Hudson. More like the Connecticut River, and nobody ever wrote a song about the Connecticut.

I'm not even going to touch Texas except to ask, has anyone noticed that "The Eyes of Texas" and "I've Been Working on the Railroad" have the same melody?

And this winds up this month's little adventure, which leaves us with the question, "What about next month?" Songs about events? No, I don't think so.

the coasts of Senegal to Angola, and the Amazonia manatee, which is found in the rivers and swamps of the Amazon basin. Warm water is a must for these large, slow-moving creatures. For this reason, they are attracted to warm water outputs from power plants. If the water gets too cold during the winter months, manatees suffer greatly. Because they move so slowly, they are also in danger of being hit by boats. While these creatures have no natural predators, these gentle mermaids of the sea are in decline due to human behaviors.

Dear Santa



Thousands of letters to Santa can be found in the Santa Claus Museum in Santa Claus, Indiana.

With seven weeks to go before Christmas, November 7–13 is Dear Santa Letter Week, a week when kids all over the world send letters to the North Pole. Kids have been sending Santa letters since the 18th century, but how does the post office handle the seasonal onslaught of mail? The U.S. Post Office has a solution. Send the letters (including a parent-written response from Santa) to Alaska,

where Santa's Helpers send back that prewritten reply with an authentic North Pole postmark. Likewise, England's Royal Mail ensures a response from Father Christmas. The Canada Post has given St. Nick his own postal code: H0H 0H0. In France, any child who writes to *Le Père Noël* is guaranteed a response by law. Just be sure that all letters are postmarked by December 15!

Allhallowtide

October is over and Halloween has passed, but many forget that Halloween is just the first of the three-day religious observance, or *triduum*, of Allhallowtide. Halloween falls the evening before All Saints' Day, also known as All Hallows' Day, on November 1. This Christian festival commemorates all the saints, known and unknown, famous and obscure. It is a day that highlights the spiritual bond between the dead in heaven and the living, and these saints' intercessions on our behalf. The third day of the triduum, All Souls' Day, falls on November 2. This is a day that commemorates the souls of all the faithfully departed.

Allhallowtide is celebrated all around the world, but perhaps the most famous iteration of this holiday is Mexico's Day of the Dead, or *Día de Muertos*. Before the arrival of Spanish explorers in the 16th century, this Aztec festival was celebrated annually at the start of summer as a rite worshipping the goddess Mictecacihuatl, the Queen of the Underworld. But the Spaniards brought Catholicism

with them, including the tradition of Allhallowtide, and soon the Mexican tradition was moved to coincide with the Catholic holiday. Similar to All Souls' Day, this national holiday in Mexico is a time to remember those who have passed. It is a lively celebration, with plenty of food and drink, as well as traditions of leaving marigolds and *calaveras*, ornate skulls made of sugar, as offerings to the deceased.

As in Mexico, where Catholicism melded with Aztec culture, in Haiti the local Vodou (commonly known as voodoo) has blended with Allhallowtide to become *Fete Gede*. The *Gede* are a family of *loa*, or invisible spirits, who possess the powers of death and fertility, the chief of whom is Baron Samedi. Haitians visit the capital's main cemetery to leave gifts of wax candles, flowers, and rum stuffed with chili peppers to warm the old bones of Baron Samedi and the other *loa*. This festival honors not only those who have passed on but the powerful spirits who watch over those souls.



Halloween and Allhallowtide were originally Catholic holidays.



Resident Spotlight - Bob & Judy Hall

I am convinced that teachers have the most fulfilling job of all. Parents entrust their most prized possessions to them, having faith that they are in good hands. Judy and Bob were both teachers. Judy taught kindergarten, little tykes who come as empty vessels anxious to learn.

Nothing matches the joy in a kid's eyes when he discovers he can count to ten.

Bob, on the other hand, was a high school teacher of biology. A whole different picture. First, high school kids, particularly boys, know everything, especially biology. They have thought of little else for twenty-four hours a day since puberty set in.

Bob is a born and bred Maine boy, earning his teaching degrees at the U. of Maine in Orono. Judy, to be entirely different, was born in Florida but spent her childhood in Keene. Her training was earned at Lesley College in Cambridge, Mass. They met on a cruise to the off-shore islands out of Portsmouth, NH. Bob spotted this cute girl on the boat and decided to talk on her. They have been married for seventy years.

They did a lot of world traveling during summer vacations, as many teachers do so they can have something to tell their classes about when school resumes in the fall. This included Turkey, Thailand, and much of Africa as well as the more traditional European destinations.

Bob has been a teacher his entire professional career, except for a three-year stint in the Navy where he served as a baker aboard the submarine Parche. His work station was a galley about the size of a closet. Judy was treated to a guest ride in a sub where she got to look through the periscope and enjoy a dive to 400 feet. Not a sport for claustrophobics.

The couple had two sons. The younger, tragically, died of a brain tumor. They have been residents of Bentley for almost a year, except for short periods when they enjoy their summer place in Maine.

November is Diabetes Awareness Month

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

What can you do to prevent/manage/control diabetes?

Stay active:

Find ways to be more active each day. Try to be active for at least 30 minutes, 5 days a week. Walking is a great way to get started and you can do it almost anywhere at any time. Bike riding, swimming, and dancing are also good ways to move more. Keep moving!!!

Eat healthy:

Emphasizes vegetables, fruits, whole grains, and fat-free or low-fat dairy products

Include lean meats, poultry, fish, beans, eggs, and nuts

Limit saturated and trans fats, sodium, and added sugars

Control portion sizes

Information obtained from American Diabetes Association Check it out!



If you are a United States Veteran or surviving spouse of a Veteran, you may qualify for the Aid & Attendance Benefit and receive monthly financial assistance to help cover the cost of Assisted Living care. Kris Roberts, Veterans Service Officer with the New Hampshire Office of Veterans Services will be joining us on November 9th at 10:30 AM in the Theater Room, to let us know more about this benefit. If you need to speak with Kris before then please feel free to call him at his Keene office, the number is 352-1904. He is usually in the Keene area one day a week. We would like to pay tribute to all of our wonderful Veterans at Bentley....

Thank you for your service in our country's time of need!
Bonnie and Christy

November from Dining Services

Fall is here!!

I hope you all enjoyed some of the new recipes that we have been serving. As always please share ideas for other recipes that you think would work well in the dining room.

Friendly Reminders

Please let concierge know if you are having a guest. It is helpful to know in advance, so the chefs can plan on how much food to prepare and for the wait staff to know how many extra spots to set in the dining room.

This is a good time to also remind you to let concierge know in advance if you plan on having guests for the upcoming holidays. The Thanksgiving and Christmas larger meal will be served at our lunch times.

The food panel meets the first Wednesday of the month and if you have anything to be discussed please leave me or one of the other panel members a note. If you have feedback from one of your meals please leave me a note, you can bring it to concierge and they will make sure I receive it.

If anyone has any silverware or dishes from the dining room in your apartments can you please return them as we are always in need of them. →



Nick Denucci: A Tribute

Larry Barnes

Bentley Commons lost a good friend a couple of months ago when Nick closed his piano for the last time. He had been a regular performer here for several years, being booked for the third Thursday of every month. For years he drove his own car to the gig, but in the last several months he was forced by deteriorating health to give it up. No problem! We simply sent the limo to pick him up and take him home.

He always arrived well before his scheduled time and, when his hour was up, he continued to play for another fifteen or twenty minutes. He once told me, "I'll keep playing as long as people want to listen."

During his remarkable career, he was the piano sideman in Glen Grey's famed Casa Loma Orchestra. Later he became Judy Garland's accompanist during the declining years of her fabulous career.

Many times I suggested to Nick that when the time came that he got tired of taking care of his home here in Keene, we had a nice apartment waiting for him. When that time inevitably came, Nick's health had declined to the degree that we would have been unable to supply his medical needs. He spent his last months at Maplewood, if my guess is right, playing piano until the end. You may wonder why I give his name as Denucci instead of the more accurate Italian style as DeNucci or even deNucci. It's because that's the way Nick told me he liked it. We'll miss you, Nick. I'll miss you.

Remember to call concierge before 11am if you would like to order plain chicken, plain fish or an omelet for you dinner.

Thank you for your patience with our new staff members

